

BTD 2025 WOD STANDARDS

TEAMS 1+1



CrossFit LICENSED EVENT | 2025 

WOD 1 TEAMS - A/B

Athlete A*

For Time:

40 Bar Facing Burpees

60 Front Squats 50/35kg

80 Cal Row

Athlete B*

4 rounds

10 Bar Facing Burpees

15 Front squats 50/35kg

20 Cal Row

*each athlete can choose either A or B type of workout, both workouts can be executed separately

Score is the total time for both workouts combined.

Bar Facing Burpees

Standards:

- The athlete starts in a standing position.
- The athlete must get into a lying position on the floor with the chest and thighs touching the ground, facing the barbell.
- Both feet must be off the ground when the athlete jumps over the barbell.
- The athlete DOES NOT NEED TO use a take-off or land with both feet simultaneously.
- The touch on the ground must be clearly visible.
- A repetition is completed when the athlete lands with both feet on the other side of the barbell.

Forbidden:

- Barbell touch during the jump.
- Lateral burpees over barbell.
- Stepping over the barbell.
- Athletes are not allowed to receive assistance in moving or adjusting the barbell unless there is an immediate safety risk.

Front Squat

Standards:

- The barbell starts on the ground.
- The first repetition may begin with a Squat Clean, which counts as the first Front Squat.
- When performing a Power/Muscle Clean at the beginning, the Front Squat begins with the barbell in the front rack position (both elbows are high and in front of the barbell), with full extension of the hips and knees.
- Athlete must hold the barbell with both hands, keep the elbows raised, and must not cross their arms.
- Athlete must achieve a full squat, with the hip crease below the level of the knee.
- A repetition is completed when the athlete returns to a standing position with fully extended knees and hips.

Forbidden:

- Using any support or assistance during the squat.
- Failing to achieve the full range of motion (e.g., not reaching squat depth).
- Crossing arms while holding the barbell.
- Using a rack or other stand.

Cal Row

Standards:

- The athlete must use a rowing machine (Concept2).
- The number of calories is tracked on the machine's display.
- A repetition is completed when the display shows prescribed number of calories.
- The number of calories must be clearly visible in the frame.
- Connecting the rower to the WODProof app is allowed.
- In the part B, athlete needs to start each round with 0 on the display (another person can assist).

Forbidden:

- Using a device other than the approved C2 rowing machine.
- Manually tampering with the display to adjust the calorie count.

WOD 2/3 TEAMS

Time Cap: 15 minut

0-9 min:

21 - 15 - 9

Box Jump Over Step Down

Toes To Bar

Then

9 - 15 - 21

STOH 50/35kg

CH2B

9-15 min:

Max Weight for Weightlifting Complex

1x Snatch + 1x Hang Snatch

*each athlete needs to complete the workout, can be executed separately

Skóre WOD 2: total time for both workouts combined OR number of reps finished within 9 min

Skóre WOD 3: total weight of successful lifts of both athletes (snatch complex)

Box Jump Over Step Dow

Standards:

- Box height: 60cm men, 50cm women.
- Athlete needs to use both feet for take-off.
- Athlete must touch the top of the box with both feet.
- Athlete must step down from the box on the opposite side.
- A repetition is completed when athlete has both feet on the ground on the other side of the box.

Forbidden:

- Jumping over the box without touching the top of the box.
- Jumping off the box.
- Using hands for support while jumping onto the box.

Toes-to-Bar (TTB)

Standards:

- The movement starts when the athlete hangs from the bar with extended arms. Feet must not touch the ground.
- The heels of both feet must begin behind the vertical plane of the bar.
- A repetition is recognized when both feet simultaneously touch the bar between the hands.
- Kipping is allowed, but the legs must move in a controlled manner.
- Athlete may use gymnastic grips for hand protection and tape on the bar.

Forbidden:

- Touching only one foot to the bar / not touching both feet simultaneously / not touching both soles of the feet to the bar

Shoulder to Overhead (STOH)

Standards:

- The movement starts with the barbell on the ground, where the athlete must first move the barbell to the shoulders using any method.
- The STOH (Shoulder-to-Overhead) movement begins with the barbell on the shoulders.
- Athlete may use any method (Strict Press, Push Press, Push Jerk, Split Jerk) to lift the barbell overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.

Forbidden:

- Using a rack or any other stand.
- Using the legs to support the barbell in a way other than the allowed techniques.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

Chest-to-Bar Pull-Ups (C2B)

Standards:

- The movement starts with the athlete hanging from the bar with fully extended elbows. Feet must not touch the ground.
- athlete must touch the bar with the chest below the level of the clavicle.
- Kipping or butterfly style is allowed, but the chest touch must be clearly evident.
- The athlete may use gymnastic grips for hand protection and tape on the bar.

Forbidden:

- Using support or assistance from another person.
- Using lifting straps or hooks.
- Failing to meet the full range of motion (e.g., not touching the chest to the bar).

Snatch

Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one fluid motion from the floor to overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.
- Allowed styles: Muscle, Power, Squat, or Split Snatch.
- Athlete can start with already loaded barbell.
- Another person may assist the athlete with loading and unloading the plates.
- Snatch is one part of the complex. Athlete continues with second Snatch lift.

Forbidden:

- Using any support or assistance while lifting the barbell.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).
- Touching the ground with a knee during the lift.
- Dropping the barbell (as the complex continues with second lift from hang)
- Snatch is one part of the Snatch complex, which continues by Hang Snatch.
- Using gymnastics grips, straps or hooks.

Hang Snatch

Standardy:

- Hang Snatch is second part of the Snatch complex.
- Athlete must (without dropping the barbell from previous lift) transfer the bar into the hang position (above knees).
- Athlete must lift the barbell in one fluid motion from the hang to overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.
- Allowed styles: Muscle, Power, Squat, or Split Snatch.
- Complex must be finished before the time cap.

Zakázáno:

- Using any support or assistance while lifting the barbell.
- In the „hang“ position, the barbell must not go under the knees.
- Touching the ground with a knee during the lift.
- failing to meet the full range of motion (e.g., incomplete elbow extension).
- Using gymnastics grips, straps or hooks..

Tips:

- All barbells and plates must be recorded. Weights should be clearly visible.
- Height of the box must be recorded.
- Timer needs to be in the frame.
- Athlete must not leave the video frame.
- The video must not be adjusted in any way.

WOD 1 BEGINNERS

AMRAP 11 minutes:

40 cal Row

30x Alt DB Snatch 15/12,5 kg

20x Box Jump Over Step Down 60/50 cm

10x Front Squat 40/25 kg

40 Cal Row

Standards:

- The athlete must use a rowing machine (Concept2).
- The number of calories is tracked on the machine's display.
- A repetition is completed when the display shows 40 calories.

Forbidden:

- Using a device other than the approved C2 rowing machine.
- Manually tampering with the display to adjust the calorie count.

Alternating Dumbbell Snatch

Standards:

- The movement starts with the dumbbell on the ground.
- Both heads of the DB must touch the ground simultaneously.
- Athlete must lift the DB in one continuous motion from the floor to overhead.
- A repetition is completed when the hips, knees, and elbows are fully extended, and the DB is aligned with the body.
- Athlete must alternate arms after each repetition.

Forbidden:

- Using the other hand to support or stabilize the dumbbell during the lift.
- Touching only one head of the dumbbell to the ground or not touching the ground at all.
- Failing to achieve the full range of motion (e.g., incomplete elbow extension).

Box Jump Over Step Dow

Standards:

- Athlete must jump onto the box with both feet.
- Athlete must step down from the box on the opposite side.
- A repetition is completed when athlete has both feet on the ground on the other side of the box.

Forbidden:

- Jumping over the box without touching the top of the box.
- Jumping off the box.
- Using hands for support while jumping onto the box.

Front Squat

Standards:

- The barbell starts on the ground.
- The first repetition may begin with a Squat Clean, which counts as the first Front Squat.
- When performing a Power/Muscle Clean at the beginning, the Front Squat begins with the barbell in the front rack position on the shoulders, with full extension of the hips and knees.
- Athlete must hold the barbell with both hands, keep the elbows raised, and must not cross their arms.
- Athlete must achieve a full squat, with the hip crease below the level of the knee.
- A repetition is completed when the athlete returns to a standing position with fully extended knees and hips.

Forbidden:

- Using any support or assistance during the squat.
- Failing to achieve the full range of motion (e.g., not reaching squat depth).
- Crossing arms while holding the barbell.
- Using a rack or other stand.

WOD 2/3 BEGINNERS

Time Cap: 10 minutes

1-3 min: A - 1 RM Clean (for weight)

3-7 min: 50 Bar Facing Burpees (for time)

7-10 min: B - 1 RM Clean (for weight)

Clean

Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one continuous motion to the shoulders.

- A repetition is completed when the hips and knees are fully extended, and the barbell is resting on the shoulders with the elbows in front of the bar.
- Allowed styles: Power Clean, Squat Clean, or Split Clean.
- Athlete may lift and lower the weight as needed.
- Another person may assist the athlete with loading and unloading the plates.

Forbidden:

- Using any support or assistance while lifting the barbell.
- Failing to achieve the full range of motion (e.g., incomplete hip and knee extension).

Bar Facing Burpees

Standards:

- The athlete starts in a standing position.
- The athlete must get into a lying position on the floor with the chest and thighs touching the ground, facing the barbell.
- Both feet must be off the ground when the athlete jumps over the barbell.
- The athlete DOES NOT NEED TO use a take-off or land with both feet simultaneously.
- A repetition is completed when the athlete lands with both feet on the other side of the barbell.

Forbidden:

- Barbell touch during the jump.
- Lateral burpees over barbell.
- Stepping over the barbell.
- Athletes are not allowed to receive assistance in moving or adjusting the barbell unless there is an immediate safety risk.

Score:

Score 1: Time - 50 Bar Facing Burpees

Score 2: Weights A+B - successful lifts.

WOD 4 BEGINNERS

For Time, Time Cap: 15 min

21-15-9

TTR

STOH 40/25 kg

- 1 min rest -

9-15-21

Pull-Up

Snatch 40/25 kg

Toes-to-Rings (TTR)

Standards:

- The movement starts with the athlete hanging from the rings with fully extended elbows. Feet must not touch the ground.
- Athlete must pull their legs so that both toes touch the rings or pass through the rings simultaneously. This counts as one valid repetition.
- Before each repetition, the athlete's feet must pass behind the vertical plane of the rings.
- Athlete may use gymnastic grips for hand protection as well as tape on the rings.

Forbidden:

- Touching the rings with one foot only / no foot at all.
- Using support or assistance from another person.

Shoulder to Overhead (STOH)

Standards:

- The movement starts with the barbell on the ground, where the athlete must first move the barbell to the shoulders using any method.
- The STOH (Shoulder-to-Overhead) movement begins with the barbell on the shoulders.
- Athlete may use any method (Strict Press, Push Press, Push Jerk, Split Jerk) to lift the barbell overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.

Forbidden:

- Using a rack or any other stand.
- Using the legs to support the barbell in a way other than the allowed techniques.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

Pull-Up

Standards:

- The movement starts with the athlete hanging from the bar with fully extended elbows. Feet must not touch the ground.
- Athlete must pull their chin above the bar level.
- A repetition is complete when the chin is clearly above the bar.

- Kipping or butterfly style is allowed, but the chin must clearly pass above the bar.
- Athlete may use gymnastic grips for hand protection and tape on the bar.

Forbidden:

- Using support or assistance from another person.
- Using lifting straps or hooks.
- Failing to meet the full range of motion (e.g., chin below the bar).

Snatch

Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one fluid motion from the floor to overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.
- Allowed styles: Muscle, Power, Squat or Split Snatch.

Forbidden:

- Using any support or assistance while lifting the barbell.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

WOD 1 – ELITE/SPORT/MASTERS

AMRAP 11 minutes:

40 cal Row

30x Alt DB Snatch 22,5/15 kg

20x Box Jump Over Step Down 60/50 cm

10x Front Squat 60/45 kg

40 Cal Row

Standards:

- The athlete must use a rowing machine (Concept2).

- The number of calories is tracked on the machine's display.
- A repetition is completed when the display shows 40 calories.

Forbidden:

- Using a device other than the approved C2 rowing machine.
- Manually tampering with the display to adjust the calorie count.

Alternating Dumbbell Snatch

Standards:

- The movement starts with the dumbbell on the ground.
- Both heads of the DB must touch the ground simultaneously.
- Athlete must lift the DB in one continuous motion from the floor to overhead.
- A repetition is completed when the hips, knees, and elbows are fully extended, and the DB is aligned with the body.
- Athlete must alternate arms after each repetition.

Forbidden:

- Using the other hand to support or stabilize the dumbbell during the lift.
- Touching only one head of the dumbbell to the ground or not touching the ground at all.
- Failing to achieve the full range of motion (e.g., incomplete elbow extension).

Box Jump Over Step Dow

Standards:

- Athlete must jump onto the box with both feet.
- Athlete must step down from the box on the opposite side.
- A repetition is completed when athlete has both feet on the ground on the other side of the box.

Forbidden:

- Jumping over the box without touching the top of the box.
- Jumping off the box.
- Using hands for support while jumping onto the box.

Front Squat

Standards:

- The barbell starts on the ground.
- The first repetition may begin with a Squat Clean, which counts as the first Front Squat.
- When performing a Power/Muscle Clean at the beginning, the Front Squat begins with the barbell in the front rack position on the shoulders, with full extension of the hips and knees.
- Athlete must hold the barbell with both hands, keep the elbows raised, and must not cross their arms.
- Athlete must achieve a full squat, with the hip crease below the level of the knee.
- A repetition is completed when the athlete returns to a standing position with fully extended knees and hips.

Forbidden:

- Using any support or assistance during the squat.
- Failing to achieve the full range of motion (e.g., not reaching squat depth).
- Crossing arms while holding the barbell.
- Using a rack or other stand.

WOD 2/3 – ELITE/SPORT/MASTERS

Time Cap: 10 minutes

1-3 min: A - 1 RM Snatch (for weight)

3-7 min: 50 Bar Facing Burpees (for time)

7-10 min: B - 1 RM Snatch (for weight)

Snatch

Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one fluid motion from the floor to overhead.
- A repetition is complete when the hips, knees, and elbows are fully extended, and

the barbell is in line with the body.

- Allowed styles: Muscle, Power, Squat, or Split Snatch.
- Athlete may increase or decrease the weight as needed.
- Another person may assist the athlete with loading and unloading the plates.

Forbidden:

- Using any support or assistance while lifting the barbell.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

Bar Facing Burpees

Standards:

- The athlete starts in a standing position.
- The athlete must get into a lying position on the floor with the chest and thighs touching the ground, facing the barbell.
- Both feet must be off the ground when the athlete jumps over the barbell.
- The athlete DOESN'T NEED to use a take-off or land with both feet simultaneously.
- A repetition is completed when the athlete lands with both feet on the other side of the barbell.

Forbidden:

- Barbell touch during the jump.
- Lateral burpees over barbell.
- Stepping over the barbell.
- Athletes are not allowed to receive assistance in moving or adjusting the barbell unless there is an immediate safety risk.

Score:

Score 1: Time - 50 Bar Facing Burpees

Score 2: Weight A+B - successful lifts.

WOD 4 – ELITE/SPORT/MASTERS

For Time, Time Cap: 20 min

21-15-9

TTB

STOH 50/35 kg

- 1 min rest -

15-12-9

C2B

Clean 70/55 kg

- 1 min rest -

12-9-6

BMU

Deadlift 90/75 kg

Toes-to-Bar (TTB)

Standards:

- The movement starts when the athlete hangs from the bar with extended arms. Feet must not touch the ground.
- The heels of both feet must begin behind the vertical plane of the bar.
- A repetition is recognized when both feet simultaneously touch the bar between the hands.
 - Kipping is allowed, but the legs must move in a controlled manner.
- Athlete may use gymnastic grips for hand protection and tape on the bar.

Forbidden:

- Touching only one foot to the bar / not touching both feet simultaneously / not touching both soles of the feet to the bar

Shoulder to Overhead (STOH)

Standards:

- The movement starts with the barbell on the ground, where the athlete must first move the barbell to the shoulders using any method.
- The STOH (Shoulder-to-Overhead) movement begins with the barbell on the shoulders.
- Athlete may use any method (Strict Press, Push Press, Push Jerk, Split Jerk) to lift the barbell overhead.

- A repetition is complete when the hips, knees, and elbows are fully extended, and the barbell is in line with the body.

Forbidden:

- Using a rack or any other stand.
- Using the legs to support the barbell in a way other than the allowed techniques.
- Failing to meet the full range of motion (e.g., incomplete elbow extension).

Chest-to-Bar Pull-Ups (C2B)

Standards:

- The movement starts with the athlete hanging from the bar with fully extended elbows. Feet must not touch the ground.
- athlete must touch the bar with the chest below the level of the clavicle.
- Kipping or butterfly style is allowed, but the chest touch must be clearly evident.
- The athlete may use gymnastic grips for hand protection and tape on the bar.

Forbidden:

- Using support or assistance from another person.
- Using lifting straps or hooks.
- Failing to meet the full range of motion (e.g., not touching the chest to the bar).

Clean

Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell in one fluid motion to the shoulder position.
- A repetition is complete when the hips and knees are fully extended and the barbell rests on the shoulders with the elbows in front of the bar.
- Allowed styles: Power Clean, Squat Clean, or Split Clean.
- Another person may assist the athlete with loading the plates, or the athlete may use another barbell already loaded with specific weight needed for the lift.

Forbidden:

- Using any support or assistance while lifting the barbell.
- Failing to meet the full range of motion (e.g., incomplete hip and knee extension).

Bar Muscle-Up (BMU)

Standards:

- The movement starts with the athlete hanging from the bar with fully extended arms. Feet must not touch the ground.
- Athlete must pass over the bar so that the chest is above the bar and the arms are fully extended in the top position.
- Kipping is allowed.
- Athlete may use gymnastic grips for hand protection and tape on the bar..

Forbidden:

- During kipping, the toes must not go above the bar level.
- Failing to meet the full range of motion (e.g., not fully extending the elbows).

Deadlift

Standards:

- The movement starts with the barbell on the ground.
- Athlete must lift the barbell to a position where the hips and knees are fully extended, and the shoulders are behind the barbell.
- Another person may assist the athlete with loading the plates, or the athlete may use another barbell already loaded with specific weight needed for the lift.

Forbidden:

- "Bouncing" (bouncing the bar off the ground).
- Failing to meet the full range of motion (e.g., incomplete hip and knee extension).